

# School Nutrition Ideas

## Color Your Plate

The color of a fruit or vegetable tells you a lot about its nutritional value. Each fruit and vegetable has its own unique phytochemicals. Phytochemicals are the chemicals a plant uses to fight disease. Lucky for us, when humans eat fruits and vegetables, their phytochemicals help us fight disease too. The best way to group phytochemicals is by noting the color of a particular fruit or vegetable. So for the maximum health benefit, be sure to eat 5-9 fruits and vegetables a day from the five different color groups.

**Blue/Purple:** Helps your brain and memory

**Green:** Helps keep bones and teeth strong

**White:** Lowers the risk of some cancers

**Yellow/Orange:** Improves your immune system and vision health

**Red:** Keeps you heart strong



## Non-Food Incentives

Did you know that a survey conducted by the Utah Department of Health revealed that only 7 percent of students chose a candy bar as the way they would like to be rewarded? Fifty-four percent of students chose extra recess time as the reward they preferred and 25 percent chose earning coupons.

Giving food as a reward or withholding it as a punishment causes students to develop unhealthy attitudes towards food. Research indicates that a child's food preference patterns are largely influenced by repeated exposure to food and the social context in which food is offered. Positive or negative emotions associated with the setting and type of food offered or restricted may have long-lasting effects on students' food preferences.

To order *Rewards Kids Will Crave*, a book of non-food incentive ideas created and tested by teachers, call 801-538-6240.

## Useful Nutrition Links for Parents, Teachers, and Kids

[www.5aday.org](http://www.5aday.org)

[www.dole5aday.com](http://www.dole5aday.com)

[www.mypyramid.gov](http://www.mypyramid.gov)